



Breast Cancer Awareness Month Toolkit

October 2020

October Is National Breast Cancer Awareness Month

Other than skin cancer, breast cancer is the most common cancer in women. Breast cancer is also the second-leading cause of cancer death in women (after lung cancer).

This is where you come in. October is National Breast Cancer Awareness Month. Together with the Wyoming Department of Health and the American Cancer Society, you can encourage women to take steps to help lower their risk of developing breast cancer and help find it early, when it might be easier to treat.

You can also help connect women facing breast cancer to patient programs and services they might need throughout their treatment. We encourage you to share these messages during National Breast Cancer Awareness Month and throughout the year.

Radio Ad

Did you know that the best way to find breast cancer early is by getting screened? Breast cancer is easier to treat when it is found early. By the time there is a lump or other symptoms, the cancer may be at a more advanced stage. This is why women should get a mammogram every other year starting at age 50. Both men and women should talk to their doctor about their risk for breast cancer and which screening test is right for them. For information about free cancer screenings and other resources call the Wyoming Cancer Resource Services Program at {phone number}.

Wyoming Cancer Resource Services is funded by the Wyoming Department of Health, Wyoming Cancer Program.

Print Ad



Wyoming Cancer Program

Breast and Cervical Cancer Screening

Prevention and early detection through cancer screenings are the key to reducing the burden of cancer in Wyoming.

Who is eligible?

- Women aged 40 years or older
- Women ages 21-29 who have not had a Pap test in the last 3 years
- Women aged 30 and older who have not had a Pap test in the last 3 years or a Pap test with HPV test in the past 5 years
- Anyone with a previous diagnosis of breast or cervical cancer
- Women ages 21-40 with certain symptoms or who are at higher risk

With:

- A household income at or below 250% of the Federal Poverty Guidelines
- Medicare Part A or no insurance

**To apply for the program,
visit health.wyo.gov/cancer
or call 1.800.264.1296.**



Social Media

October is Breast Cancer Awareness Month. You may be able to reduce your risk for breast cancer by taking care of your health. Check out this resource to learn more: <http://bit.ly/2Kz4b5q>

Regular mammograms are the best screenings doctors have to find breast cancer early. Learn about tips for getting a mammogram: <http://bit.ly/2Kquj26>

While you may not have control over all your risk factors for breast cancer, there are some you can control, like being physically active and limiting alcohol intake. Learn more from the CDC: <http://bit.ly/2KjaqL6>

Breast cancer may occur in men. A family history of breast cancer and other factors can increase a man's risk of breast cancer. Learn more <http://bit.ly/2IEkUil>

Staying physically active throughout your life is one way to reduce the risk of breast cancer. Here are some guidelines for integrating physical activity into your life at any age or stage: <http://bit.ly/2yJHITI>

While nobody can tell you exactly what your personal risk is for breast cancer, assessments can help you get informed and talk to your doctor about your personal history and risk factors: <http://bit.ly/2IFj8os>

In addition to the risk factors all women face, some risk factors can increase the likelihood of getting breast cancer at a young age. Learn more: <http://bit.ly/2MFA8uC>

This tool can help assess your personal risk level for breast and ovarian cancers. The more you know, the better you can help reduce your risk. <http://bit.ly/2N2aaNG>

Other than some kinds of skin cancer, breast cancer is the most common form of cancer in women in the US regardless of race or ethnicity. Learn more with the United States Cancer Statistics: <http://bit.ly/2N8cLuq>

In addition to the risk factors all women face, some risk factors can increase the likelihood of getting breast cancer at a young age. Learn more: <http://bit.ly/2MFA8uC>

Transgender women over the age of 50 who have undergone hormone replacement therapy for 5-10 years should talk to their healthcare provider about whether a mammogram is right for them. Learn more: <http://bit.ly/29A6KmF>

Providers: Are you looking for more resources to improve care for cancer survivors? Check out our National Cancer Survivorship Resource Center Toolkit: <http://bit.ly/NCSRCToolkitProviders>

Videos

What Does It Mean to Have Dense Breasts? <https://youtu.be/504mCaNo7hE>

Jackie: Taking Action for My Daughter <https://www.youtube.com/watch?v=KNzRNWi4Qgc>

Carletta: My Own Best Advocate https://www.youtube.com/watch?v=T03mA8zAW_8

Charity: There Isn't Just One Face to Breast Cancer <https://www.youtube.com/watch?v=FMY-3IS71Ek>

No Matter Your Age, Know Your Breast Cancer Risk <https://www.youtube.com/watch?v=D-REXNRNy60>

Infographics

Breast cancer mortality is **decreasing** for both black and white women, especially among younger women.

However, even though death rates are going down, we need to do more to **level the field**.



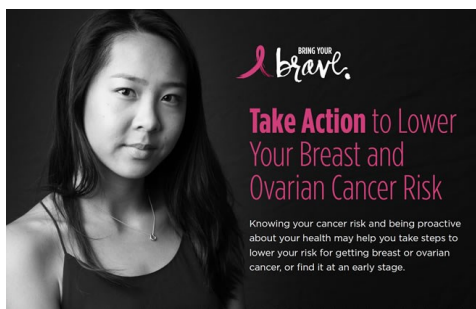
www.cdc.gov/cancer/breast



Breast cancer screening and treatment: One size doesn't fit all.

LEARN MORE: WWW.CDC.GOV/CANCER/BREAST





Take Action to Lower Your Breast and Ovarian Cancer Risk

Knowing your cancer risk and being proactive about your health may help you take steps to lower your risk for getting breast or ovarian cancer, or find it at an early stage.

Learn Your Family History of Cancer



Asking relatives about their cancer histories can be hard. Follow these tips:

1. Share that you have learned that cancers can run in families.
2. Explain that you are creating a record of your family's history of cancer.
3. Encourage family members to respond in a way that is most comfortable to them.
4. Word your questions carefully, be a good listener, and respect their privacy.
5. Write down who had cancer, age when diagnosed, and type of cancer.

Understand Genetic Counseling and Testing

Genetic counseling and testing are recommended for women whose family medical history has certain patterns of cancer.

What is Genetic Counseling?

Genetic counseling can help you understand your risk based on your personal and family medical history.

You will discuss things like:

- If a genetic test is right for you.
- Specific tests that might be used and their accuracy.
- Possible genetic test results and next steps.
- How a test result might not give you all the information you need.
- The emotional risks and benefits of genetic testing.
- How genetic test results may affect other family members.



DID YOU KNOW?

Inherited mutations are thought to play a role in 5-10% of breast and 10-15% of ovarian cancers.

What is Genetic Testing?

Genetic testing helps you learn if your family history of breast cancer is due to a specific inherited gene mutation. It's done with a blood or saliva sample, at a doctor's office, hospital, or clinic.



Genetic test results are a factor in determining overall risk.

Results can help you understand your risk of getting breast and ovarian cancers and steps you can take to reduce your risk.

A positive test result does not mean you will definitely get breast or ovarian cancer. If you test negative for a specific gene mutation, you still may be at an increased risk for breast or ovarian cancer.



Make Healthy Lifestyle Choices



Maintain a healthy weight



Get enough physical activity



Breastfeed your babies

Increase the chance of finding breast cancer early, when it's easier to treat.

- Know how your breasts normally look and feel.
- Talk to your doctor right away if you notice changes in your breast.
- Talk to your doctor if you have a higher risk, including a family history of cancer.

www.cdc.gov/BringYourBrave
#BringYourBrave



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

7 THINGS TO KNOW ABOUT GETTING A MAMMOGRAM

Mammograms (breast x-rays) are the best screening tool we have to find breast cancer early, when it may be easier to treat. After you and your health care professional establish a screening schedule, it'll help to know what to expect so it can go as smoothly as possible. Here's what you need to know.

1

WHAT IS A MAMMOGRAM?

A mammogram is an x-ray of the breast that's used to find breast changes. X-rays were first used to examine breast tissue nearly a century ago. Today, the x-ray machines used for mammograms produce lower energy x-rays and expose the breast to much less radiation compared with those in the past.

2

WHERE TO GET IT

Find a center that specializes in mammograms. The US Food and Drug Administration (FDA) certifies mammogram facilities that meet high professional standards of quality and safety. Ask to see the FDA certificate if one isn't posted near the receptionist's desk. And when you find a facility you like, stick with it. Having all your mammograms at the same facility will make it easier for doctors to compare images from one year to the next. If you've had mammograms done at other facilities, have those images sent to your new facility.

OCT
3

WHEN TO SCHEDULE IT

It's best to schedule your mammogram about a week after your menstrual period. Your breasts won't be as tender or swollen, which means less discomfort during the x-ray.

4

WHAT (AND WHAT NOT) TO WEAR

Wear a 2-piece outfit because you will need to remove your top and bra. Do not apply deodorant, antiperspirant, powder, lotion, or ointment on or around your chest on the day of your mammogram. These products can appear as white spots on the x-ray.

5

WHAT TO EXPECT

The entire procedure takes about 20 minutes. The breast is compressed between two plastic plates for a few seconds while an x-ray is taken. It's repositioned (and compressed again) to take another view. This is then done on the other breast. Flattening the breast can be uncomfortable, but is needed to provide a clearer view.

RESULTS
6

GETTING THE RESULTS

You should get your results within 10 days. If you don't, you should call to ask about them. If doctors find something suspicious, you'll likely be contacted within a week to take new pictures or get other tests. But that doesn't mean you have cancer. A suspicious finding may be just dense breast tissue or a cyst. Other times, the image just isn't clear and needs to be retaken. If this is your first mammogram, your doctor may want to look at an area more closely simply because there is no previous mammogram for comparison.

\$ 7 \$

WHAT YOU PAY

For uninsured or low-income women, free or low-cost mammogram services are available. Some of these programs are held during National Breast Cancer Month in October, while others are offered year round. Call the American Cancer Society at 1-800-227-2345 to find a program near you.



Visit cancer.org/FightBreastCancer for more breast cancer information and support.

cancer.org | 1.800.227.2345

©2018, American Cancer Society, Inc. No. 012699 Rev. 11/18